

FITNESS COMMITTEE
February 13, 2020
5:00 – 6:00 PM
MINUTES

The Fitness Committee held a meeting via conference call on February 13, 2020, beginning at 5:06 p.m.

Committee Members Present

Jennifer Eastman
Dr. Aruna Nathan (Chair)
Cameron Pollock
Dr. Mychelle Farmer
Namisa Kramer
Jason Semanoff

Committee Members Not Present

Julie Maneen
Joanne Roberts

Center for Chronic Disease Prevention and Control Staff Present

Nacole Smith

Dr. Nathan called the meeting to order at 5:06 PM.

1. Roll Call/ Approval of minutes for January 15, 2020 meeting

Dr. Nathan took the roll call. A quorum of the Fitness Committee was present. The meeting minutes for January were approved.

2. Discussion

The committee talked about the open meetings act and inviting Dr. Nathan's colleague to speak during the public portion of the Fitness Committee meeting in March. Nacole stated that the Health and Wellness Council was in search of an employer that may be interested in joining the council. Please let her know and she will connect to Kristi Pier, Director of the Center for Chronic Disease Prevention and Control.

Dr. Nathan gave a recap of the January 15th meeting minutes and action items. She was able to get more clarification about liability of participants who engage in the MDFit150 program. Participants need to sign a waiver before they start the program.

The members discussed methods for messaging on physical activity. In February, a communication guideline document for all Council products was released. (please see attached).

Dr. Nathan asked the committee to review the power point for the MDFit150 fitness program. Dr. Farmer suggested scheduling a pilot session of the program for some time in March or April. Dr. Nathan has already conducted 4 sessions of the program in her private practice and received positive feedback from the participants. Dr. Farmer suggested hosting the program at Gedgo in Baltimore, and to look for other places in Montgomery and Carroll Counties. Dr. Nathan would like to focus on the rural and urban counties and influence other physicians to get more involved.

Dr. Farmer would like to have youth on the committee and honor their contributions. Vivek Nathan would be the first youth to be honored by the committee for his contribution to developing the MDFit150 fitness program logo.

The bi-weekly meetings will now be monthly and held on the 2nd Thursday of every month. The next meeting will be on March 12th.

3. Next Steps:

- Finalize the date to pilot the fitness program at the Downtown Baltimore senior center location.

4. Adjournment

The meeting was adjourned at 5:52 pm.

Next Meeting: March 12, 2020